

# Mindfulness-Based Therapy Professional Training

Paul Buttigieg & Dr Mark Craigie, Clinical Psychologists

Worldwide there is a growing interest in the benefits of mindfulness and mindfulness-based therapy. The workshops use Mindfulness-Based Cognitive Therapy (MBCT) and Acceptance and Commitment Therapy (ACT) as the clinical framework in developing or enhancing a participant's knowledge and skills of mindfulness-based practices. The experiences gained have wide application to clinicians who are also interested in Dialectical Behaviour Therapy (DBT), Cognitive Behaviour Therapy (CBT), and body-based psychotherapies such as Sensorimotor Psychotherapy. The workshops are suitable for mental health professionals and medical practitioners interested in developing or enhancing their knowledge and skills of mindfulness and its application to clinical practice. By completing these workshops participants will have an opportunity to develop the necessary core skills and competencies to conduct group-based mindfulness programs such as the MBCT group program and incorporate mindfulness-based therapy into their individual based clinical practice.

## ***MBCT Foundation Course*** Perth, 3 - 24 May 2012

- A condensed version of the 8 session MBCT program for clinicians.
- An experiential immersion in key MBCT meditations and exercises.
- Establish or enhance your own mindfulness meditation practice.
- Four 2-hour sessions held on consecutive Thursday evenings 5.30pm to 7.30pm.
- Cost \$270 early bird by 1/4/2012, \$300 standard. Practice manual provided.



## ***MBCT Facilitator Course*** Perth, 27 - 28 July 2012

- Two day intensive course for clinicians considering running MBCT or mindfulness-based group programs.
- Relevant to clinicians wishing to further develop a mindfulness-based approach to their clinical work.
- Learn specific knowledge, skills, and core competencies involved in an MBCT program.
- Learn effective ways of modelling mindfulness principles and practices.
- Learn how to effectively incorporate mindfulness into your individual therapy work.
- Learn how to manage group processes and deal with abreactions.
- Practice in small groups, the key activities and meditations involved in facilitating an MBCT program.
- Learning occurs in a supportive environment, with participants receiving relevant coaching and feedback.
- Cost \$460 early bird by 15/6/2012, \$500 standard. Comprehensive manual and powerpoint slides provided.

## ***Integrating Mindfulness Practice into Psychotherapy*** Perth, 10 - 11 August 2012

- Two day intermediate level experiential workshop on the key theory and practices of mindfulness-based therapies.
- Learn ways of integrating mindfulness principles and practices into individual therapy.
- Learn how to use MBCT and ACT as clinical roadmaps for mindfulness-based therapy.
- Apply grounding techniques and pacing of mindfulness interventions to reduce emotion dysregulation.
- Clinical applications of mindfulness and how to tailor to specific problem areas and clients.
- Interactive demonstrations of mindfulness, case studies, and supervised role plays.
- Prior knowledge and experience of mindfulness/meditation and ACT would be helpful before attending.
- **APS endorsed event** (Code: 11-427, CCLIN, CHP, CCOUN, 13 CPD hrs).
- Cost \$460 early bird by 1/7/2012, \$500 standard registration thereafter.
- Visit the web link below to register on-line. Powerpoint slides and handouts provided.

On-line registration at [www.mindfulnesswa.com.au/therapist\\_training.html](http://www.mindfulnesswa.com.au/therapist_training.html)

## ***More Information***

Mark: 043 0118 023

[www.mindfulnesswa.com.au](http://www.mindfulnesswa.com.au)

[mc.mindfulnesswa@gmail.com](mailto:mc.mindfulnesswa@gmail.com)

Paul: 042 8961 793

[www.paulbuttigieg.com.au](http://www.paulbuttigieg.com.au)